

Agency Fact Sheet – Division of Behavioral Health Services  
developed by InterAct Arizona

**Division of Behavioral Health Services:**

**What is the Division of Behavioral Health Services (DBHS)?**

The Division of Behavioral Health Services is administered in Arizona within the Arizona Department of Health Services. DBHS contracts with community based organizations known as Regional Behavioral Health Authorities (RBHAs) to administer mental health services in the State. The State is divided into 6 geographic regions and each region is assigned to a RBHA.

**Who is eligible to receive services?**

A behavioral health evaluation is an entitlement service and is therefore available to anyone who requests it. Individuals can go through the eligibility process at any time, as DBHS has units that serve both children and adults.

**How is eligibility determined?**

Eligibility requirements for services include:

- Mental health diagnosis documented by a physician, psychologist, social worker, and/or records from a psychiatric hospitalization
- Current observable and significant changes in behavior (i.e. sleep patterns, social isolation, etc.)
- Difficulty adjusting to significant life events (i.e. death of a family member, divorce, etc.)

**What types of services can DBHS provide?**

Examples of possible services available through DBHS include:

- Psychiatric evaluation
- Individual and/or group counseling
- Psychotropic medication and monitoring
- Case management
- Prevention programs
- Health insurance to uninsured children under 19 years of age whose family's gross income is at or below the federal poverty level
- Substance abuse programs
- Psychiatric hospitalization